Supplementary Material. Questionnaire

CAM questionnaire for patients

I. CAM services

In the past 12 months, have you seen or talked to an alternative healthcare provider such as an acupuncturist, homoeopath, or massage therapist about your physical, emotional or mental health? If yes, choose one below (multi choice possible) and indicate whether the use of each was specifically for IBD or for other reasons.

1. Massage therapist ☐ Yes	\rightarrow	□ for IBD	\Box for other reasons
2. Acupuncturist ☐ Yes	\rightarrow	□ for IBD	\Box for other reasons
3. Naturopathic medicin ☐ Yes		olistic approaches that foc	cus on natural remedies)
□ 1es	\rightarrow		□ for other reasons
4. Homoeopathy (treatr	nents		escribed by a homoeopath)
□ Yes	\rightarrow	□ for IBD	□ for other reasons
5. Relaxation			
□Yes	\rightarrow	□ for IBD	\Box for other reasons
op d			
6. Reflexology □ Yes	\rightarrow	□ for IBD	□ for other reasons
	7		101 other reasons
7. Aromatherapy			
□ Yes	\rightarrow	□ for IBD	□ for other reasons
8. Hypnosis			
□ Yes	\rightarrow	□ for IBD	\Box for other reasons
O Chinasa tan diti anal m	. 1: .:	- (:\lambda)
9. Chinese traditional m	edicin	e (moxibustion or cuppir □ for IBD	g) □ for other reasons
	7		101 other reasons
10. Any services delivere	d by a	spiritual healer or a religi	ous healer
□ Yes	\rightarrow	□ for IBD	\Box for other reasons
11. Chiropractors or phys	siothei	anists	
□ Yes	<i>→</i>	□ for IBD	□ for other reasons
12. Others (describe)		- f . mp	- C 1
□ Yes	\rightarrow	□ for IBD	\Box for other reasons

II. CAM products

In the past 12 months, have you used other health products such as herbs, minerals, or homeopathic products? If yes, choose one below (multi choice possible) and indicate whether the use of each was specifically for IBD or for other reasons.

1. Herbal remedies ☐ Yes	\rightarrow	□ for IBD	□ for other reasons
2. Ginseng □ Yes	→	□ for IBD	□ for other reasons
3. Deer antlers			
□ Yes	\rightarrow	□ for IBD	$\hfill\Box$ for other reasons
4. Chinese medicine ☐ Yes	÷	□ for IBD	□ for other reasons
5. St. John's wort/millep	ertuis	valerian	
□Yes	\rightarrow	□ for IBD	\Box for other reasons
6. Chamomile			
□Yes	\rightarrow	□ for IBD	$\hfill\Box$ for other reasons
7. Lavender			
□ Yes	\rightarrow	□ for IBD	\Box for other reasons
8. Ginkgo biloba			
□ Yes	\rightarrow	□ for IBD	\Box for other reasons
9. Kava Kava			
□Yes	\rightarrow	□ for IBD	□ for other reasons
10. Vitamins		□ for IBD	□ for other reasons
□ Yes	\rightarrow		□ for other reasons
11. Probiotics ☐ Yes	→	□ for IBD	□ for other reasons
	,		
12. Fish oils ☐ Yes	→	□ for IBD	□ for other reasons
	7		- 101 other reasons
13. Glucosamine ☐ Yes	→	□ for IBD	□ for other reasons
□ 165	7		ioi onici icasolis
14. Others		6 700	
□ Yes	\rightarrow	□ for IBD	\Box for other reasons

CAM questionnaire for doctors

I. Basic background information			
1. Name:			
2. Country:			
3. Age:			
4. Gender:			
□ female	□ male		
5. What is your type of practice?			
□ private clinic	$\hfill\Box$ academic teaching hospital	□ other (please spec	rify,)
6. What is your specialty?			
☐ Gastroenterologist specializing in	IBD		
☐ General gastroenterologist			
□ Surgeon			
□ Pediatrician			
\Box Other (please specify,)		
II. CAM questionnaires			
Choose your opinion for questions to ea	ach CAM.		
1. Massage therapy			
How beneficial do you think this the	erapy is for IBD patients?		
□ very beneficial	□ moderately beneficial	\square not very	□ not at all
How likely would you be to recomm	end this therapy as one componen	t of a comprehensive	treatment package for IBD
patients?			
\square very likely to recommend	□ somewhat likely to recommend	d	
\square not very likely to recommend	□ would never recommend		
2. Acupuncture			
How beneficial do you think this the	- ·		
□ very beneficial	□ moderately beneficial	\square not very	□ not at all
How likely would you be to recomm patients?	end this therapy as one componen	t of a comprehensive	treatment package for IBD
□ very likely to recommend	□ somewhat likely to recommend	d	
□ not very likely to recommend	□ would never recommend		
3. Naturopathic medicines (holistic ap	proaches that focus on natural rem	edies)	
How beneficial do you think this the	erapy is for IBD patients?		
□ very beneficial	\square moderately beneficial	\square not very	□ not at all
How likely would you be to recomm patients?	end this therapy as one componen	t of a comprehensive	treatment package for IBD
□ very likely to recommend	□ somewhat likely to recommend	d	
□ not very likely to recommend	□ would never recommend		

4. Homoeopathy (treatments with dilu	ited remedies prescribed by a home	peopath)	
How beneficial do you think this the	erapy is for IBD patients?		
□ very beneficial	□ moderately beneficial	□ not very	□ not at all
How likely would you be to recommpatients?	nend this therapy as one componen	t of a comprehensive	e treatment package for IBD
□ very likely to recommend	□ somewhat likely to recommend	1	
$\hfill\Box$ not very likely to recommend	$\hfill \square$ would never recommend		
5. Relaxation			
How beneficial do you think this the			
□ very beneficial	□ moderately beneficial	\square not very	□ not at all
How likely would you be to recommpatients?	nend this therapy as one componen	t of a comprehensive	treatment package for IBD
\square very likely to recommend	□ somewhat likely to recommend	i	
\square not very likely to recommend	□ would never recommend		
6. Reflexology (zone therapy)			
How beneficial do you think this the			
□ very beneficial	□ moderately beneficial	□ not very	□ not at all
How likely would you be to recommpatients?	nend this therapy as one componen	t of a comprehensive	treatment package for IBD
□ very likely to recommend	□ somewhat likely to recommend	1	
$\hfill\Box$ not very likely to recommend	\square would never recommend		
7. Aromatherapy			
How beneficial do you think this the			
□ very beneficial	□ moderately beneficial	\square not very	□ not at all
How likely would you be to recomm	nend this therapy as one componen	t of a comprehensive	treatment package for IBD
patients?			
□ very likely to recommend	□ somewhat likely to recommend	1	
□ not very likely to recommend	□ would never recommend		
8. Hypnosis			
How beneficial do you think this the			
□ very beneficial	□ moderately beneficial	□ not very	□ not at all
How likely would you be to recommpatients?	nend this therapy as one componen	t of a comprehensive	treatment package for IBD
\square very likely to recommend	□ somewhat likely to recommend	i	
\square not very likely to recommend	□ would never recommend		
9. Chinese traditional medicine (focusi	_	cupping)	
How beneficial do you think this the			
□ very beneficial	□ moderately beneficial	\square not very	□ not at all
How likely would you be to recommpatients?	nend this therapy as one componen	t of a comprehensive	treatment package for IBD
□ very likely to recommend	□ somewhat likely to recommend	i	
□ not very likely to recommend	□ would never recommend		

10. Any services delivered by a spiritual	healer or a religious healer		
How beneficial do you think this the	erapy is for IBD patients?		
□ very beneficial	□ moderately beneficial	□ not very	□ not at all
How likely would you be to recomm	nend this therapy as one componer	nt of a comprehensiv	e treatment package for IBD
patients?			
□ very likely to recommend	□ somewhat likely to recommen	ıd	
□ not very likely to recommend	□ would never recommend		
11. Chiropractic or physiotherapy			
How beneficial do you think this the	erapy is for IBD patients?		
□ very beneficial	□ moderately beneficial	□ not very	□ not at all
How likely would you be to recomm	•	•	
patients?	T T	r	
□ very likely to recommend	□ somewhat likely to recommen	ıd	
□ not very likely to recommend	□ would never recommend	· ·	
in not very likely to recommend	- would never recommend		
12. Herbal remedies			
How beneficial do you think this the	arany is far IPD nationts?		
•	☐ moderately beneficial		□ mot ot oll
□ very beneficial	3	□ not very	□ not at all
How likely would you be to recomm	iena trus trierapy as one componer	nt of a comprehensiv	e treatment package for IBD
patients?	_ 1 .121 1 .	1	
□ very likely to recommend	□ somewhat likely to recommen	ıd	
\square not very likely to recommend	□ would never recommend		
13. Ginseng How beneficial do you think this the □ very beneficial How likely would you be to recomm patients?	□ moderately beneficial	□ not very nt of a comprehensiv	□ not at all e treatment package for IBD
□ very likely to recommend	□ somewhat likely to recommen	od.	
□ not very likely to recommend	□ would never recommend	u	
inot very likely to recommend	- would never recommend		
14. Deer antlers			
How beneficial do you think this the	arany is for IRD nationts?		
□ very beneficial	☐ moderately beneficial	□ not vorv	□ not at all
	•	□ not very	□ not at all
How likely would you be to recomm	iena uns merapy as one componer	nt of a comprehensiv	е пеаниет раскаде юг вър
patients?		.1	
□ very likely to recommend	□ somewhat likely to recommen	ıa	
□ not very likely to recommend	\square would never recommend		
15 Cl :	1 1		
15. Chinese medicine (focusing on prod	_		
How beneficial do you think this the			.,
□ very beneficial	□ moderately beneficial	□ not very	□ not at all
How likely would you be to recommend this therapy as one component of a comprehensive treatment package for IBD			
patients?			
\square very likely to recommend	□ somewhat likely to recommen	ıd	
□ not very likely to recommend	□ would never recommend		

16. St. John's wort/millepertuis valerian			
How beneficial do you think this the	rapy is for IBD patients?		
□ very beneficial	□ moderately beneficial	\square not very	□ not at all
How likely would you be to recommpatients?	end this therapy as one component	of a comprehensive	treatment package for IBD
□ very likely to recommend	$\ \square$ somewhat likely to recommend		
$\hfill\Box$ not very likely to recommend	\square would never recommend		
17. Chamomile			
How beneficial do you think this the			
□ very beneficial	•	\square not very	□ not at all
How likely would you be to recommpatients?	end this therapy as one component	of a comprehensive	treatment package for IBD
\square very likely to recommend	\square somewhat likely to recommend		
\square not very likely to recommend	\square would never recommend		
18. Lavender			
How beneficial do you think this the			
□ very beneficial	•	□ not very	□ not at all
How likely would you be to recommpatients?	end this therapy as one component	of a comprehensive	treatment package for IBD
\square very likely to recommend	$\hfill\Box$ somewhat likely to recommend		
$\hfill\Box$ not very likely to recommend	\square would never recommend		
19. Ginkgo biloba			
How beneficial do you think this the			
□ very beneficial	•	\square not very	□ not at all
How likely would you be to recomme	end this therapy as one component	of a comprehensive	treatment package for IBD
patients?			
\square very likely to recommend	□ somewhat likely to recommend		
\square not very likely to recommend	□ would never recommend		
20. Kava Kava			
How beneficial do you think this the			
□ very beneficial	•	□ not very	□ not at all
How likely would you be to recommpatients?	end this therapy as one component	of a comprehensive	treatment package for IBD
\square very likely to recommend	$\hfill\Box$ somewhat likely to recommend		
\square not very likely to recommend	\square would never recommend		
21. Vitamins			
How beneficial do you think this the			
□ very beneficial	•	□ not very	□ not at all
How likely would you be to recommpatients?	end this therapy as one component	of a comprehensive	treatment package for IBD
□ very likely to recommend	□ somewhat likely to recommend		
□ not very likely to recommend	□ would never recommend		

22. Probiotics			
How beneficial do you think this the	rapy is for IBD patients?		
□ very beneficial	□ moderately beneficial	□ not very	□ not at all
How likely would you be to recomm patients?	end this therapy as one componen	t of a comprehensive	treatment package for IBD
□ very likely to recommend	□ somewhat likely to recommend	d	
$\hfill\Box$ not very likely to recommend	$\hfill \square$ would never recommend		
23. Fish oils			
How beneficial do you think this the	rapy is for IBD patients?		
□ very beneficial	\square moderately beneficial	□ not very	□ not at all
How likely would you be to recomm patients?	end this therapy as one componen	t of a comprehensive	treatment package for IBD
□ very likely to recommend	□ somewhat likely to recommend	d	
$\hfill\Box$ not very likely to recommend	\square would never recommend		
24. Glucosamine			
How beneficial do you think this the	rapy is for IBD patients?		
□ very beneficial	□ moderately beneficial	□ not very	□ not at all
How likely would you be to recomm	end this therapy as one componen	t of a comprehensive	treatment package for IBD
patients?			
□ very likely to recommend	□ somewhat likely to recommend	d	
□ not very likely to recommend	□ would never recommend		